



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

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SWORDFISH--THE KING OF STEAK FISH

Swordfish, the king of steak fish, is plentiful and moderately priced this summer, according to reports from the Fish and Wildlife Service.

Swordfish steaks, entirely free from bones, are cut from large fish which weight from 200 to 300 pounds. Swordfish has a rich distinctive flavor different from other fish. Broiling is the favorite method of cooking this fish, with baking a second choice.

Here's a recipe recommended by the Service's home economists for serving Broiled Swordfish with Brown Butter Sauce.

BROILED SWORDFISH STEAKS

2 pounds swordfish steaks
1 teaspoon salt

Dash pepper
 $\frac{1}{4}$ cup butter or other fat,
melted

Cut fish into serving size portions. Sprinkle both sides with salt and pepper. Place fish on a preheated, greased broiler pan about 2 inches from the heat and brush with butter. Broil from 5 to 8 minutes or until slightly brown, baste with butter and turn carefully. Brush other side with butter and cook 5 to 8 minutes or until fish flakes easily when tested with a fork. Remove to hot platter. Garnish. Serve immediately, with a brown butter sauce. Serves 6.

BROWN BUTTER SAUCE

$\frac{1}{4}$ cup butter
2 tablespoons lemon juice

Chopped parsley

Melt butter in a small saucepan and heat until light brown. Remove from heat. Add lemon juice and parsley. Serve immediately.

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